

Website Resources for Helping Children, Adolescents, Teens, and Adults Cope During Times of Crisis

1. Talking to Kids About War

AboutOurKids.org

New York University Child Study Center

<http://www.aboutourkids.org/articles/war.html>

2. Talking About Conflict and War

The Learning Network

<http://www.familyeducation.com/article/>

3. Talking with Children about War - Pointers for Parents

The Learning Network

<http://www.familyeducation.com/article/>

4. Talking with Kids about the News

Children Now

<http://www.childrennow.org/television/twk-news.htm>

5. "Helping Children Cope with Violence, Terrorism, and Grief"

on the NCCIC Web site. The information can be found at <http://nccic.org/helpkids.html>.

6. AAP Offers Advice on Communicating with Children about Disasters

<http://www.aap.org/policy/re9813.html> - **How Pediatricians Can Respond to the Psychosocial Implications of Disasters** (AAP Policy statement)

7. <http://www.mentalhealth.org/publications/allpubs/SMA95-3022/SMA3022.htm> - **Psychosocial Issues for Children and Families in Disasters: A Guide for the Primary Care Physician** (Joint publication between AAP and US Center for Mental Health Services)

8. <http://www.aap.org/policy/re9702.html> - **The Pediatrician's Role in Disaster Preparedness** (AAP policy statement)

9. <http://www.aap.org/advocacy/disarticle.htm> - **Child Deaths Hit Communities Hard: Disasters Demand Psychological Triage** (AAP)

10. The American Academy of Child and Adolescent Psychiatry has suggestions for **"Helping Children After a Disaster."** They can be found at:
<http://www.aacap.org/publications/factsfam/disaster.htm>

11. Helping Children and Adolescents Cope with Violence and Disasters

<http://www.nimh.nih.gov/publicat/violence.cfm>

12. **Tragic Times, Healing Words Helping Your Children Cope with the Latest Disasters** by the Sesame Workshop
<http://www.sesameworkshop.org/>
13. **Kids Com .Com Kids speak out!**
<http://www.kidscom.com/>
14. **Talking with Kids about the News**
<http://www.childrennow.org/television/twk-news.htm>
15. **National SAFE KIDS Campaign and Matchbox Partner to Celebrate National 9-1-1 Day**
<http://www.safekids.org/>
16. **Talking with Kids About Tough Issues**
<http://www.talkingwithkids.org/>
17. **Helping Your Kids Feel Safe**
<http://www.parentsplace.com/family/>
18. **Nickelodeon Parent Talk Violence**
http://www.nick.com/all_nick/everything_nick/kaiser/violence.html
19. **Response to Terrorism: Teacher Handout From American School Counselor Association**
<http://206.61.101.87/content.cfm?L1=1000&L2=48>
20. **Helping Your Child Deal With the Terrorist Tragedy**
http://kidshealth.org/breaking_news/tragedies.html
21. **Talking to Kids About War**
<http://www.aboutourkids.org/articles/war.html>
22. **Help for Coping with the Attacks in the U.S.**
<http://www.aboutourkids.org/>
23. **Connect for Kids**
<http://www.connectforkids.org/>
24. **Coping After A Disaster**
<http://family.go.com/raisingkids/>

HELPING YOUNG CHILDREN

25.For Very Young Children**

Even babies and toddlers can experience anxiety. Zero to Three offers some advice for protecting and reassuring very young children. <http://www.zerotothree.org/>

26. ****Helping Children Deal with Scary News**

Words of advice from Mr. Rogers: help children feel secure, limit TV and listen.

<http://pbskids.org/>

27. ****Helping Children Cope with Trauma**

The American Counseling Association has compiled a list of ways parents and adults can help young children deal with trauma.

<http://www.counseling.org>

HELPING OLDER CHILDREN

28. ****Talking with Children: Tips for Parents**

The National Association of School Psychologists offers tips for parents not only in English, but also in Spanish, Arabic, Farsi, Korean, Urdu and Vietnamese.

<http://www.nasponline.org/>

29. ****A Guide for Parents: Ten Tips for Talking with Children about Terrorism**

It's not always what you say, but how you say it that matters for young children. Here's help from the Ohio Commission on Dispute Resolution and Conflict Management.

<http://www.state.oh.us/cdr/schools/trauma/tentips.htm>

30. ****Helping Children Understand the Terrorist Attacks**

The U.S. Department of Education explains how adults can talk with children about the attacks, along with suggestions for educators and links to additional helpful resources.

<http://www.ed.gov/inits/september11/index.html>

31. ****What to Look For**

UCLA's School Mental Health Project identifies common responses that children often experience in the wake of overwhelming events: persistent fears about being separated from their families, sleep disturbances, loss of concentration and irritability, physical complaints, withdrawal and listlessness.

<http://smhp.psych.ucla.edu>

32. ****Trauma and the Attacks in the United States**

New York University's Child Study Center offers resources to help parents, teachers and mental health professionals explain war and terrorism to children, how to help them cope, and signs of trauma-related stress.

<http://www.aboutourkids.org>

HELP FOR TEENAGERS

33. **Reactions to Trauma: Suggestions for Teens

The National Mental Health and Education Center has brief information for teens on normal reactions to trauma, and how they can help themselves.

http://www.naspcenter.org/safe_schools/trauma.html

34. **Talking to Children about Violence

What if teens don't want to talk, or if they are fascinated by these events? Educators for Social Responsibility may have answers for you and your family or classroom.

<http://www.esrnational.org/guide.htm>

35. **Finding the Right Words

KidsHealth has information and helpful language for parents, teachers, kids and teens about the painful feelings they might expect to have.

http://www.kidshealth.org/misc_pages/P_squarebanner.html

36. **Helping Children Cope with Disaster

When no other words come to mind, a hug and saying, "This is really hard for us," will work, advises the National Mental Health and Education Center. This handout for parents describes common reactions by age group and ways to help children and teens, as adults struggle themselves to make sense and feel in control.

http://www.naspcenter.org/safe_schools/coping.html

37. **Strategies for Parents and Teachers

Focusing on the themes of attachment and separation, North Carolina State's Cooperative Extension Services offers specific activities and ideas for families and classrooms, with some helpful advice for teens and high schools.

<http://www.ces.ncsu.edu/depts/fcs/humandev/disas3.html>

HELPING WITH LOSS

38. **Children and Death

Most of the time adults are reluctant to talk about death with children. These brochures from Hospice Net have helpful guidance for talking about death with children and teenagers.

<http://www.hospicenet.org/html/talking.html>

39. **Children and Grief

When a family member dies, children react differently from adults. Adding to a child's shock and confusion at the death of a brother, sister or parent is the unavailability of other family members, who may be so shaken by grief that they are not able to cope with the normal responsibility of child care.

<http://www.aacap.org/publications/factsfam/grief.htm>

40. ****All Kids Grieve**

All kids experience loss. The key is to help them channel their grief into personal growth, not violence or destructive behavior. AllKidsGrieve.org offers books, classroom strategies and information on how to start support groups for kids.

<http://www.allkidsgrieve.org>

RESOURCES FOR CAREGIVERS, TEACHERS, COMMUNITIES

41. ****Discussing the News with 3- to 7-Year-Olds: What to Do?**

In times of great distress, young children need to hear that “your grownups at home and your grownups at school know how to take care of you.” Here are specific classroom suggestions from the National Association for the Education of Young Children.

<http://www.naeyc.org/resources/eyly/1998/22.htm>

42. ****Memorials/Activities/Rituals Following Traumatic Events: Suggestions for Schools**

School memorials, ceremonies or memory activities following a traumatic experience serve an important function in the healing process for both students and staff. The National Association of School Psychologists offers guidance on planning such activities.

<http://www.nasponline.org/NEAT/memorials.html>

43. ****Talking to Public School Students about Disasters**

The DC Public Schools has an outline of what to expect, and how to react, when the news or events upset children.

http://www.k12.dc.us/dcps/disaster_manual.htm

44. ****Crisis Communications Guide and Toolkit**

This National Education Association toolkit offers approaches and activities for schools at the time of crisis, as well as in the aftermath – ways to return to a new “normal” and help in understanding how children and teens respond to trauma and stress.

<http://www.nea.org/crisis>

45. ****Helping Children Handle Disaster-Related Anxiety**

The National Mental Health Association reminds us that each child responds differently to disasters, depending on his or her understanding and maturity. The National Mental Health Association (800-969-6642) can provide you with information about your local mental health association or local American Red Cross chapter.

<http://www.nmha.org/newsroom/terrorismtips.cfm>

HELPING ADULTS

46. ****Finding Ways to Help Yourself**

It’s hard to help children with their feelings when adults themselves are

feeling stunned, confused or anxious. Arizona State University has some good advice for adults.

<http://www.asu.edu/provost/intergroup/resources/tragedies.html#anchor187218>

47. **Coping with Terrorism

The American Psychological Association explains common reactions and how adults can help themselves, and their children.

<http://helping.apa.org/daily/terrorism.html>

48. **U.S. Government Responds to September 11

First.gov has information to help families identify benefits and find assistance, along with suggestions for those who want to help.

<http://www.firstgov.gov/featured/usgresponse.html>

HELPING OTHERS

49. **Finding Ways to Help Others

Aid organizations like the Red Cross and Salvation Army are coordinating their efforts with government agencies to organize help for stricken communities. Check your local paper or TV for local information on donating blood or money. Here is a list of national organizations that can channel your donations to those who need it most.

<http://www.helping.org/>

TALKING ABOUT HATRED

50. **What to Do about Prejudice?

If you are hearing an increase in prejudiced anti-Arab comments, you can intervene. Here's advice from Educators for Social Responsibility.

<http://www.esrnational.org/guide.htm#bigotry>

51. **Promoting Tolerance and Peace in Children: Tips for Parents and Schools

While anger is a normal response felt by many, we must ensure that we do not compound an already great tragedy and react against innocent individuals with vengeance and intolerance, says the National Association of School Psychologists. Find key messages for adults to help children, and themselves.

<http://www.nasponline.org/NEAT/tolerance.html>

52. **When Hurt Leads to Hate

As adults we need to be aware of and stand up to physical and emotional hate and empower our children to do the same. This article from the New York University Child Study Center has ideas for how parents can help children deal with this crisis without becoming prejudiced, stereotyping specific groups, or retaliating with acts of bias.

<http://www.aboutourkids.org/articles/hate.html>

53. ****Reporting Harassment**

If you or your children have been subjected to harassment or attack, the Council on American Islamic Relations Web site has guidelines, a phone number and an online reporting form.

<http://www.cair-net.org/ireport/>

54. ****Help against Hatred**

Along with advice for parents on talking with children, the National PTA has posted information on talking with children about hatred and prejudice, in both English and Spanish.

<http://www.pta.org/parentinvolvement/tragedy/index.asp>

MORE RESOURCES

55. <http://www.ces.purdue.edu/terrorism/children/index.html>

56. National Association of School Psychologists www.nasponline.org.

57. www.afcrossroads.com

58. Coping with Tragedy website <http://www.cce.cornell.edu/issues/cceresponds/>